

Teen-Care News

from UAHC Health Plan of Tennessee, Inc. (formerly OmniCare)

Know the Facts About STDs: Chlamydia



Chlamydia is the most common sexually transmitted disease (STD). More than 4 million new cases occur each year in the United States. Girls age 15 to 19 have the highest rate of infection. Young men also are at high risk.

Often the disease has no signs. If there are, they may include:

- pain with urination
- genital discharge
- menstrual-like pain in women.

If untreated, chlamydia can cause infertility. It can also up your risk of getting HIV.

The only sure way to prevent chlamydia is not to have sex. Other protective measures:

- Have sex with only one partner who, in turn, only has sex with you.
- Use a latex condom.

Fortunately, chlamydia is easy to treat. If you are sexually active, talk to your doctor about getting tested.*

Get a Free Checkup

Going to the doctor may not be on anyone's "favorite things to do" list, but it is a lot better to get a checkup when you are well than to wait until you have serious problems.

A well-care checkup every year is free for UAHC Health Plan members under age 21 through the TENnderCARE Program. The doctor can find little problems and treat them before they become big problems.



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Grab Five and Jive

Are you a few (or several) pounds overweight? You are not alone. The percent of teens that are overweight continues to increase. But now is the time to do something about it.

Studies have shown overweight youth are at high risk of becoming overweight adults. And that can affect more than your appearance.

Overweight people are at risk for heart disease, diabetes, high blood pressure, stroke, and some forms of cancer.

Here's What You Can Do Now:

Eat 5 to 9 fruit and vegetable servings a day.

Since fruits and vegetables come fresh, frozen, canned, dried, and as 100 percent juice, you have lots of options. Try adding fruit or vegetables to

foods you already eat—like fruit to your cereal and yogurt or vegetables to your pizza and pasta.

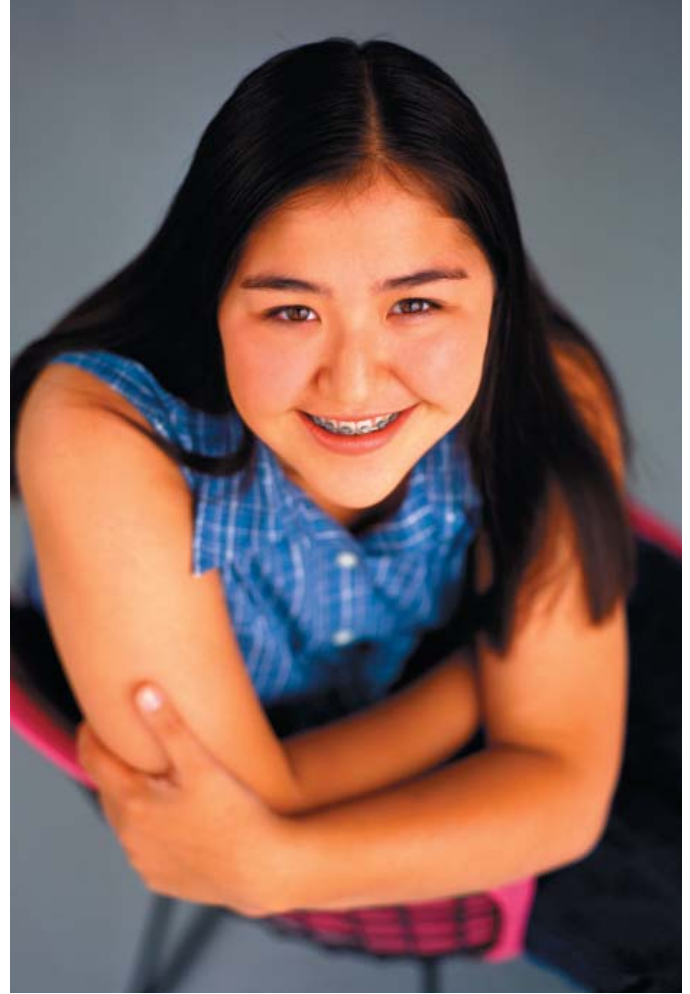
How Big Is a Serving?

These are considered a serving:

- A medium-size piece of fruit
- $\frac{3}{4}$ cup (6 fl. oz.) of 100 percent fruit or vegetable juice
- $\frac{1}{2}$ cup cooked or canned vegetables or fruit
- 1 cup of raw leafy vegetables
- $\frac{1}{2}$ cup cooked dry peas or beans
- $\frac{1}{4}$ cup dried fruit

Move It!

Regular physical activity helps build and maintain healthy bones and muscles. Exercise also helps reduce the risk of getting chronic diseases. And, it reduces feelings of depression. Try to get



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60 minutes of physical activity most every day. You can even break the 60 minutes into smaller increments during the day. Exercise burns calories. To lose weight, you must burn more calories than you consume in food. If you eat 100 more food calories a day than you burn, you'll gain about one pound in a month—or about 12 pounds in a year.

You don't have to belong to a gym or health club to

exercise. Pick an activity that you enjoy, and do it! Exercises that burn fat and make your heart muscle stronger include:

- fast walking
- jogging
- swimming
- dancing
- cycling
- basketball
- jumping rope
- hiking
- rollerblading
- tennis.

For exercises that build muscle strength, you don't need any special athletic equipment. You can use canned foods or milk jugs filled with sand as weights to lift. In addition to lifting weights, push-ups, stomach crunches, and pull-ups also make muscles stronger.

The food and physical activity choices you make affect not only how you feel today, but also how you feel in the future. Get started. You can do it! ✨

Source: Centers for Disease Control and Prevention



Safety Behind the Wheel

Here are some basic tips to keep you safe on the road:

- ① Never drink alcohol and drive.
- ② Whether you are a driver or a passenger, always wear a seat belt.
- ③ Avoid distractions. Don't use cell phones or change CDs while driving.
- ④ Always obey the speed limit. Speeding is a factor in nearly 1/3 of all fatal crashes.
- ⑤ Perform routine maintenance checks. Follow the schedule as listed in your car's manual. Check the oil, tire pressure, and tire treads on a regular basis.



Skin Sense for Acne and Oily Skin



For many people with oily and acne-prone skin, a little skin sense can keep the face clear and smooth.

- Gently clean your skin with a mild soap 2 times a day. Ask your doctor which soap is best.

- Avoid scrubbing. Acne is not caused by dirt. You cannot scrub it away. Scrubbing will only make it worse.

- Avoid squeezing, pinching, or picking at acne. This can lead to scars.

- If you use makeup or moisturizers, choose oil-free products.

- Acne and oily skin are often blamed on chocolate and greasy foods, but there is no proof that these foods cause acne. *

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Important Numbers

Member Services/Servicios al miembro (Marque 2 para español): **901-260-4400** or **1-800-876-9758**

Hearing Impaired
1-800-876-9763

To get help with Dental, Vision, or Pharmacy services, please call:

Doral Dental Services
1-888-233-5935

Block Vision Services
1-800-428-8789

Pharmacy Services
1-800-669-1851

Need a Translation?

Interpretation and translation services are FREE to the enrollee. Please call Member Services at **901-260-4400** if you live in Shelby County or **1-800-876-9758** if you live outside Shelby County.

Need to report a change?

Have a question? Need help? Call us. The Family Assistance Service Center: **1-866-311-4287**. In Nashville call **743-2000**.

